

BEING THANKFUL

Take a breath and relax. Think of someone you really appreciate. What are some of the things that this person has given to you? Let these memories become feelings of thankfulness, and let those feelings sink in.

Think about what has been fortunate in your life, such as your natural talents...when or where you were born...who your parents were...good fortune that has come to you. Without taking away from your own efforts, open to feeling thankful for all of these things.

Consider the world of nature: flowers...trees...flocks of birds...all the life in the ocean. In your mind or out loud, see what happens when you say thank you. Let your thanks fill your heart and ripple outward.

Consider some of the many objects you use in a day that have been made by or invented by other people, often long ago: wheels...safety pins and smartphones...soy sauce...streetlights and stop signs...zippers and belt buckles. Handed to you, gifted to you...deserving of your thanks.

Step back and think about all of the things that have happened to bring our Milky Way galaxy into being...our solar system...our own planet...life emerging over 3 billion years ago...our own human species...your grandparents being born...and having children....who met and had you. So many things coming together to bring you into being. Looking up-stream at the river of time, you can see so many things to be thankful for. WOW. Thank you.